



State of New Hampshire Employee Wellness News

**January
2012**

Here's to a Healthy 2012!

Commissioner Christopher Clement, Department of Transportation

Happy New Year!

In the current economy we hear all about the rising health care costs. We experienced this in 2011 with the increase in our payroll contributions toward health benefits as well as higher co-payments. The state wants to help all employees lead healthy and productive lives. You can see this in the health and dental benefits that we all have access to.

Good health is not something that we can give to you, but we want to help you reach your goals. Take the time as you begin the new year to complete your Anthem Better Health, health assessment tool (HAT). You can find it on the Anthem.com web site. I completed this confidential set of questions, which helped me to assess my current health risks and determine potential impacts on my future well being. Small changes in your life now will help to decrease the risks of bigger health problems later in life. Once the questions were completed, the Better Health web site provided me with additional information and health coaching resources. These tools will help you to set realistic, measurable steps to reach as you work to improve your health.

There is another benefit that you receive when you have completed this assessment. If you are a member of the State Health Benefit Program through Anthem, you will receive a \$200 health reimbursement arrangement (HRA) that you can use to help pay your 2012 co-payments for doctor's visits and medications. This will help to offset some of the recent changes in our Health Benefit Program. I highly recommend you take advantage of this benefit!

Good health is a family affair. My family has also completed the Better Health assessment tool. It makes it easier to create a healthy home environment when we all work together.

The Department of Transportation has a goal of getting 100% of our employees to complete their HAT. I hope that you will join me in making that a goal for all of the Departments in the State.

The HAT Instructions, worksheet, and frequently asked questions have been posted on the state HR website at http://admin.state.nh.us/hr/flexible_spending.html.

HAT's off to a healthy 2012 and doing more of what you enjoy doing the most.

U M D. U M A

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We're on the web!
Visit
**[Admin.state.nh.us/
wellness](http://Admin.state.nh.us/wellness)**



National Health Observances

Radon Action Awareness










www.epa.gov

Folic Acid Awareness



www.folicacidinfo.org

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3	4	5	6	7 
8 	9	10	11	12	13	14 
15	16	17	18	19	20	21 
22 	23	24	25	26	27	28
29 	30	31				



The sneakers on the calendar represent activity events for individual and/or families posted on

coolrunning.com

For other state-wide events, check out

visitnh.gov

healnh.org

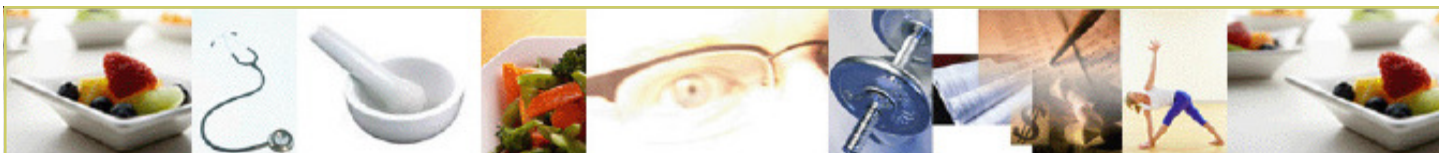
Wellness Coordinator Corner

Tobacco Cessation Tools

To tap into the tradition of making New Year's resolutions and to encourage smokers to resolve to make 2012 their year to quit, CDC's Office on Smoking and Health (OSH) has updated its communication products that focus on the theme "Your Year to Quit" and the tagline "The most important New Year's resolution you may ever make." Materials include articles, e-cards, and other quit support benefits from the State Health Benefit Program. Contact Mike Loomis for more information.

Health Assessment Tool Assistance for Employees

Lisa Marzoli from Anthem is available to come on site and help employees complete their HAT. She can be reached at 695-7559 or email her at lisa.marzoli@anthem.com. Agency HR can also assist employees in completing the HAT, but make sure to check with them first as well as coordinating with HR for Lisa to come on site if needed. State of New Hampshire Customer Service Representatives at Anthem can help with questions regarding the HAT. Their number is (800) 933-8415. The Health Assessment Tool (HAT) Instructions, worksheet, and frequently asked questions for 2012 have been posted on the HR website at http://admin.state.nh.us/hr/flexible_spending.html. Employees can call EMB/ Combined Services at 888-227-9745 or email them at flexiblebenefits@combinedservices.com for questions on their Health Reimbursement Arrangement (HRA).



**State Agencies
hosted over 200
onsite wellness
workshops and
demonstrations in
2011**

**Ask your Human
Resource
Administrator or
Wellness
Coordinator to
schedule one of
these onsite
wellness
workshops**



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Worksite Wellness Resources

EAP

Success in Unsettling Times

Unsettling times, whether at home or in the workplace, can cause us to feel off balance. This approach to stress management addresses the question of how to survive and actually thrive in times of difficulty and/or challenge. This seminar will introduce you to characteristics of individuals who have thrived in adverse situations, provide individual skill development, and help clarify life's priorities.

**To schedule this workshop, have your
agency Human Resource or Wellness
Coordinator contact EAP at 603-271-4336**

Local Government Center

Know Your Numbers

Do you know the "numbers" that could save your life? Knowing numbers like your blood pressure and cholesterol is a good way for you to take an active role in your health. Knowing your numbers also helps you to identify your individual risk for developing chronic conditions and also allows you the opportunity to learn how to reduce your risk and live a long and healthy life. The workshop was created to raise awareness and help you understand what the following numbers mean related to your overall health: Blood pressure, Total Cholesterol, Blood Glucose, BMI, and Waist Measurement.

**To schedule this Workshop, have your
agency Human Resource or Wellness
Coordinator contact Bill Byron at 800-
852-3358 ext: 208 or e-mail
wbyron@nhlgc.org**

Northeast Delta Dental

Talk to a Dentist or Dental Hygienist

To have the best oral and overall health, don't forget to ask questions that pertain to you or your family. Remember, poor oral health contributes significantly to medical conditions such as diabetes, heart disease, stroke, and respiratory illness.

**For more information on oral health
resources and information, visit
www.nedelta.com**

Anthem

Better Health

Making healthy lifestyle choices day after day can be challenging. Sometimes all it takes is a little coaching and support to help you along. Whether you're looking for help with exercise, eating, weight, stress, sleep, quitting smoking or other tobacco products—this set of interactive, self-paced online programs provide personalized guidance. Plus, you'll get motivational tips and meaningful tools to help you make a rewarding and lasting change. You'll gain the knowledge and support you need to reshape both your mind, body, and gain more out of life every day. Additional assistance can be provided to help employees complete their Better Health Assessment Tool before or after the workshop.

**To schedule this workshop, have your
agency Human Resource or Wellness
Coordinator contact Lisa Marzoli at 603-
695-7559 or e-mail
lisa.marzoli@anthem.com**



Wellness Program Update

Stairway to the Mountains—This stair promotion program is based on a simple idea. Instead of taking the elevator in a building, take the stairs. Instead of sitting while watching your favorite TV show, step up and down on an aerobic stepper. We often overlook this easy (and free) way to incorporate physical activity into our lives. Choosing the stairs is a quick way for people to be more active and stay healthy. Why not try and step the equivalent of a mountain(s) in the New Hampshire Presidential Range! For more information on this program, number of steps up each mountain, and how to get recognized for your activity achievements visit http://admin.state.nh.us/wellness/Wellness_WalkRoutes.html or call 271-4103.

2012 State Wellness Operating Plan—According to the Wellness Councils of America, a major component of a results-oriented wellness program is the crafting of an annual operating plan. The operating plan is the central document that serves as the key piece of communication as to what the State Wellness Program will accomplish. The Health Benefit Committee and its workgroup will be finalizing and posting the 2012 Operating Plan in January.

Over 200
Fitness Facilities
Throughout NH
Participate in
the State Health
Club Benefit



State Health Benefit Program Spotlight



Health Club Benefit—Employees in the State HMO Health Benefit Program are eligible for up to \$450 per subscriber contract per calendar year (January 1-December 31) that have not already taken advantage of the \$200 equipment reimbursement benefit within the same calendar year. For employees that join an Anthem approved fitness facility, the facility will directly bill Anthem monthly for your membership dues up to \$450 for the months that you actively participate. This means you must visit the facility no less than 8 times per month to avoid being billed directly by the facility. You are responsible for any other fees, including joining fees and fees beyond the \$450 calendar year benefit. For employees who choose not to use the gym/fitness facility reimbursement benefit, they can transfer this benefit to another family member who is enrolled on their plan. Please call Anthem Blue Cross and Blue Shield Customer Service at (800) 933-8415 to request your benefit be transferred to a family member or for more information on this program. For a list of participating gym/fitness facilities, visit http://admin.state.nh.us/wellness/Wellness_Anthem.html or call Anthem Customer Service.

Compass SmartShopper NEW SERVICES!—Lab Services, Physical Therapy and Remicade infusion therapy have been added to the growing list of services that you can shop for in order to save money and earn rewards. The list of available services now includes over 35 elective procedures available for incentive rewards. Log in at www.compassmartshopper.com or call 1-800-824-9127 and a Health Cost Adviser will be available to assist you.



Fun Ways to Include Kids in Fitness Resolutions

Tips for making Fitness a family matter in 2012



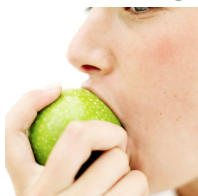
(HealthDay News)—Parents can involve their children in any New Year's fitness resolutions they may have in the works by making exercise seem fun and exciting. The U.S. Centers for Disease Control and Prevention advises kids to get at least an hour a day of physical activity. Parents, caregivers or friends can concrete on steps to make exercise adventurous and enjoyable for children in 2012:

- Involve children in compiling a fitness "to do list" to get at what kids actually want to do, and allow them a roster of activities to choose from when you hear those two little words...*I'm bored!*
- Replace the typical family pizza night with a family fitness night
- Get outside! www.nhchildreninnature.org/
- Make a friendly wager around your fitness resolutions
- Split the family up in teams and have a fitness competition

Be Healthy Your Way in 2012!

The U.S. Department of Health and Human Services has launched the Be Healthy Your Way Challenge.

Find out more at healthfinder.gov



State Agency Highlights and Resources

Agriculture—For your local shopping pleasure, many communities offer farmers' markets from late Fall through May of 2012. Visit <http://agriculture.nh.gov/documents/WinterFM.pdf> for locations close to you for great local foods and other products all winter long.

Health and Human Services—The New Hampshire Text4baby Coalition, led by the Department of Health and Human Services (DHHS) came in second in a national competition to enroll the most users of this free health information tool from May 10 through October 20, 2011. New Hampshire enrolled an estimated 4.4% of the eligible moms in the State.

Text4baby is a national free text messaging service providing health information and resources to pregnant women, new moms, and their families with the aim of trying to reduce the rate of premature births. The messages are sent a few each week and timed to the baby's due date or birthday. The content of the messages has been developed in collaboration with government and non-profit health experts.

Resources and Economic Development—Maintains a searchable website for everything from family attractions and theme parks to the great outdoors. Visit <http://www.visitnh.gov/what-to-do/key-attractions/default.aspx>, and use the search boxes on this site to complete a comprehensive search. You may sort by any combination of attraction type, region, city or town.



Compass SmartShopper Program Update

Well it's January. That means that until February 1st, workout centers everywhere will be filled with people resolving to lose some weight, get back in shape, shed those added holiday pounds, etc. How many times has each of us planned on this being "the year" to change those behaviors? Even for me there are too many to count. This year, I would encourage all of you to take that resolution that we all know too well and turn it into something beneficial and realistic: be healthier.

Resolving to be healthier can mean that you change your diet, exercise more, even possibly lose weight; But it also encompasses becoming familiar with your own health and learning what exactly you need to do to be a healthier person. A very simple thing you can do to start on this path is to "[Know Your Numbers.](#)"

The concept of knowing your "numbers" stems from the American Heart Association's risk assessment for heart disease. They outline some steps to take in order to prevent heart disease, which includes "know your numbers" as step one. The risk factors (or "numbers") to be aware of include: Total Cholesterol, LDL ("bad cholesterol"), HDL ("good cholesterol"), Triglycerides, Blood Pressure, Fasting Glucose, Body Mass Index and Waist Circumference. Some of these numbers can be found at your annual physical (if you haven't scheduled one, you should!), but some need to be discovered by blood work.

Recently included in the Compass SmartShopper program for State of NH, City of Manchester and Manchester School District employees and retirees is the option to shop for Lab Services. We encourage our members to visit free standing labs for their routine lab work. In the case of State of NH, City of Manchester and Manchester School District employees, they can earn \$25/\$15/\$15 respectively for visiting a free standing lab to have their blood drawn. There is no limit on the amount of incentives they can earn, so each time they have a routine draw, they could be eligible for a check from Compass.

In addition to knowing your numbers and your annual physical, if you are at the magical age of 50, you should also be scheduling your colonoscopy and other preventative screenings. All Compass members can shop for preventative screenings and earn up to \$150 in some cases for visiting a cost-effective location.

So if you want to live healthier, don't just diet or try and start a workout regimen that you might not stick with. Evaluate the current state of your health, know your numbers, and start living an overall better lifestyle.

As always, if you have questions or want to know more about Compass Healthcare Advisers and our healthcare cost transparency tools, please visit www.compassha.com.

Compass Member Testimonial

"It's a great program and easy to use. If I can make \$50 in minutes and my employer saves money (protecting my future health benefit) at the same time, why wouldn't I take advantage of it? And why wouldn't you?"